Monday, May 26, 2014

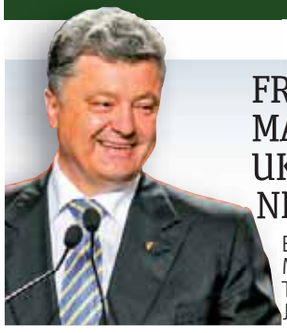
metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

LOTTO 649

Group Win
Jan. 4 • Scarborough

$135,528 winners



FROM CANDY MAKER TO UKRAINE'S NEW LEADER

BILLIONAIRE CHOCOLATE MAGNATE LOOKS SET TO TAKES COUNTRY'S TOP JOB PAGE 5

Young Canuck scores big in Cannes

metro AR

Canadian director Xavier Dolan, 25, wins Jury Prize for his film Mommy PAGE 10

Europe, U.S. face off over Google searches

Americans are being seen as 'big losers' as Europe moves to rein in Internet giant, one expert says PAGE 8

'We're just playing good baseball'

The Jays' recent surge has put them on a season-best six-game winning streak PAGE 21

NEWS WORTH SHARING.

Homeless plead for day in court

Failed housing policies? Landmark charter case shines light on rights of poor

Janice Arsenault believes the lack of federal and provincial affordable-housing policies led to her becoming homeless, drug addicted and no longer able to care for her two sons after her husband died suddenly a decade ago.

"Had I had access to adequate affordable housing after Mark died, I would have been able to look after my sons," Arsenault says in her affidavit in a landmark charter case launched in 2010.

"I wouldn't have slipped so far that I started using drugs to numb my extreme grief and anxiety as my life fell apart around me," she says. "Nor would my sons have suffered the trauma of being homeless and losing their mother."

But after four years of legal wrangling, Arsenault and three other precariously housed Torontonians are still fighting for their day in court.

On Monday, they will be in the Ontario Court of Appeal with the Centre for Equality Rights in Accommodation (CERA) and a record eight intervenor groups. They will argue that a Superior Court justice got it wrong last fall when he agreed with Ottawa and Queen's Park that the case has no merit and should not be heard.

Quoted

"If this decision is left to stand, it closes the door on poor and homeless people, and says the Charter of Rights and Freedoms is not available to you, even if you are dying on the streets of Canada."

Tracy Heffernan, of the Advocacy Centre for Tenants Ontario

"How can the court understand the nature of such a complex case without hearing the evidence?" said lawyer Tracy Heffernan, of the Advocacy Centre for Tenants Ontario, which is representing Arsenault and the other Toronto individuals in the three-day hearing.

"The number of groups granted intervenor status in our case is indicative of the importance of the issues at stake," she said.

The intervenors include Amnesty International, the Ontario Human Rights Commission, the Colour of Poverty campaign and the Women's Legal Education and Action Fund.

"If this decision is allowed to stand, it will have a chilling effect on all marginalized groups alleging charter violations," Heffernan added.

The case alleges that the federal and provincial governments violate the rights of homeless people by failing to implement policies that would eventually eliminate homelessness and substandard housing.

The applicants and intervenors claim that homelessness and inadequate housing violate human rights under sections of the charter that guarantee "security of the person" and the right to equality.

Government lawyers say the charter does not include a general right to housing or oblige governments to provide social assistance and housing support. TORSTAR NEWS SERVICE

POPE PLUNGES INTO MIDEAST POLITICS

Pope Francis arrives in Manger Square at the Church of Nativity in Bethlehem on Sunday. The Pope scored a surprising diplomatic win while in the Holy Land as both the Israeli and Palestinian presidents agreed to pay a symbolic visit to the Vatican next month to pray for peace.

See story, page 7.

ILIA YEFIMOVICH/GETTY IMAGES

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE

2.97%* FIXED 5-YEAR TERM | **2.47%*** VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

Loved ones rally for change

Seeking justice. Families of police shooting victims march to site of Sammy Yatim's fatal altercation with cops

They marched from busy Yonge-Dundas Square to the west-end corner where Sammy Yatim was shot and killed by eight police bullets last July — mothers, sisters, brothers, friends and cousins, united as much in grief as in their determination that "something has to change."

Almost everyone in the crowd of more than 200 protesters Sunday afternoon had been touched in some way by the deadly outcome of altercations with police.

"We know, sadly, what they're going through," said Joanne MacIsaac, who walked in support of the Yatim family, along with about 20 of her own family members, all wearing black T-shirts saying "Justice for Michael."

MacIsaac's mother also wanted to be there but couldn't.

"We just buried Michael two weeks ago and were shocked how much it brought us all to our knees again" said MacIsaac. Her 47-year-old brother was fatally shot by a Durham police officer in December on an Ajax street after running naked from his home.

His body, and brain, had been undergoing tests since the shooting, at his family's request, in hopes of determining that the out-of-character episode may have been brought on by a seizure related to his temporal-lobe epilepsy.

"It's critical that we be here, supporting each other. This brings attention to the fact these shootings are becoming all too common an occurrence. Something has to change," said MacIsaac, who reached out to the Yatim family via social media soon after her brother's shooting. TORSTAR NEWS SERVICE

Shrine

A telephone pole on Bellwoods Avenue now serves as a makeshift shrine to Yatim and became the rallying point Sunday for those outraged that Const. James Forcillo, charged with second-degree murder in Yatim's death, is now back at work.

Sammy Yatim's sister Sarah, right, consoles a supporter at the site where Sammy was shot by Toronto police after he threatened streetcar riders on July 27, 2013. BERNARD WEIL/TORSTAR NEWS SERVICE

Rwandan man seeks reprieve from deportation

Jean Berchmans Habinshuti
TORSTAR NEWS SERVICE

A Rwandan man will make a last-ditch attempt to avoid deportation on Monday by arguing that Ottawa found him guilty of war crimes simply by association with his government.

Jean Berchmans Habinshuti, who served as private secretary to late Rwandan prime minister Agathe Uwilingiyimana, is scheduled to be deported Thursday after he was deemed inadmissible to Canada for his alleged role in a meeting that ultimately triggered the 1994 genocides.

His wife, Amelberga Nilingiyimana, two daughters and a son all live in St. Catharines and are either permanent residents or Canadian citizens.

Habinshuti, 59, was employed in various capacities from 1992 to 1999 by the government of Rwanda. He served as a member of country's National Assembly from 1999 to 2003. He never faced war-crimes charges from any government or party.

His wife launched a process to sponsor him to come to Canada in 2005, but — still waiting for approval years later — he decided to come here in 2011 without it.

He subsequently made a refugee claim, saying he encountered threats and surveillance as a result of his refusal to join President Paul Kagame's Rwandan Patriotic Front and "fabricate evidence against an RPF-targeted genocide perpetrator."

TORSTAR NEWS SERVICE

Get Out Of DEBT
Without Bankruptcy
Without Loans
SPEAK TO THE Licensed Debt Professionals™
FREE CALL
310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar, CPA, CA, CIRP, Trustee

If nuclear disaster strikes residents, not sure what to do

Pickering, Darlington. People who live near local nuclear plants need more education on what to do in an emergency

People who live closest to the Pickering and Darlington nuclear plants have "very low levels of awareness" about what to do if there's an emergency, says a focus group report commissioned by Ontario Power Generation.

The report, obtained by a freedom-of-information request by Greenpeace, comes as OPG is under increasing pressure — both from the public and the courts — to provide more information to residents and to boost preparedness plans in the event something goes wrong.

"Few have noticed any communications on those topics arriving at their homes … even those who said they have been exposed to messaging, however, had not absorbed or remembered key points of those communications," says the executive summary of the report submitted to OPG last December.

The report notes that the plants, which have operated for several decades, have never had serious incidents and people feel safe.

But what's needed is improved emergency planning in addition to more and better information from the government and OPG, said Shawn-Patrick Stensil of Greenpeace Canada.

TORSTAR NEWS SERVICE

Quoted

"My gut instinct would be to get in the car and get away … If everybody did that, there would be chaos in the streets."

Shawn Muir, who lives near the Pickering plant

Hudak presses the flesh on campaign trail

Ontario PC Leader Tim Hudak greets a supporter at the United Jewish Appeal's Walk with Israel while campaigning in Toronto on Sunday. About 20,000 took part in the 47th UJAW, to raise money for programs in Israel. In the meantime, Hudak will be absent from a northern issues debate today between Liberal Leader Kathleen Wynne and NDP Leader Andrea Horwath. Instead, Hudak will be at a partisan town hall meeting in Peterborough — a decision that baffled his opponents. DARREN CALABRESE/THE CANADIAN PRESS

Driver charged

Passenger suffers life-threatening injuries after crash

A 41-year-old man was fighting for his life Sunday after the car he was a passenger in crashed into a light pole in Toronto's east end and then flipped on its side.

The crash occurred early Saturday morning in Scarborough. THE CANADIAN PRESS

No charges laid

Boy, 5, in critical condition after being hit by a car

A boy, 5, remained in critical condition Sunday after he was hit by a car in Vaughan on Saturday shortly after 7 p.m.

York Regional Police said they believe the child was riding a bicycle before the accident occurred.

According to witnesses, the boy suddenly ran across the intersection without the bike, and was then struck.

TORSTAR NEWS SERVICE

SPRING BONUS: ELIGIBLE OWNERS RECEIVE∞ AN ADDITIONAL $750

CHEVROLET FUELED UP

NOW YOU SAVE EVEN MORE ON GAS.
OUR MOST FUEL EFFICIENT LINEUP EVER†

PLUS A GAS CARD.

0% FINANCING FOR 84 MONTHS/LEASING FOR 60 MONTHS ON SELECT MODELS‡‡▼

40¢ OFF/LITRE GAS CARD ON ALL MODELS§

2014 EQUINOX LS AIR & AUTO

$139 @ 0%

LEASE BI-WEEKLY FOR 48 MONTHS.* $2,079 DOWN PAYMENT. $0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI & LEVIES.

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM♠
- SIRIUS XM RADIO™
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV¥¥

40¢ OFF/LITRE GAS CARD

FULLY LOADED WITHOUT UNLOADING YOUR WALLET.

EQUINOX LTZ SHOWN††

ALL CHEVROLETS INCLUDE CHEVROLET COMPLETE CARE

COMPLIMENTARY OIL CHANGES	2 YR/40,000 KM**
NEW VEHICLE LIMITED WARRANTY	3 YR/60,000 KM▲
POWERTRAIN WARRANTY	5 YR/160,000 KM▲
ROADSIDE ASSISTANCE	5 YR/160,000 KM▲
ONSTAR® STANDARD	6 MONTHS

TO GUARANTEE OUR QUALITY, WE BACK IT 160,000-KM/5-YEAR POWERTRAIN WARRANTY▲

▲Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

ONTARIOCHEVROLETDEALERS.COM

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/48 month lease for 2014 Chevrolet (Cruze LS 1SA/Equinox LS FWD 1LS). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $0/$2,079 and/or $0 security deposit is required. Total obligation is $11,202/$16,585. Option to purchase at lease end is $6,334/$11,230. Excess wear and tear and km charges not included. Other lease options available. ▼/***Freight & PDI ($1,600/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ♠Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ¥¥2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. ††2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. Dealers are free to set individual prices. †Based on GM testing in accordance to Government of Canada test methods. ‡‡Offers valid for delivery dates from May 1 to June 2, 2014; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for up to 84 months on an eligible new or demonstrator 2014 Chevrolet Cruze, Sonic, Camaro (excludes Z28), Silverado HD 2500/3500, Tahoe and Suburban. Terms vary by model. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: 2014 Chevrolet Cruze LS MSRP including freight, PDI & levies is $17,639 at 0% APR, the monthly payment is $209.99 for 84 months. Cost of borrowing is $0. Total obligation is $17,639, plus applicable taxes. Offer is unconditionally interest-free. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ¥Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock from May 1 to June 2, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™ Trademark of Suncor Energy Inc. Used under licence. Cards are property of Suncor Energy. To protect your card balance, register online at www.petro-canada.ca/preferred today. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ∞Offer valid from May 1 to June 2, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $750 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet, Buick, GMC model; or a $1,000 Spring Bonus credit towards the purchase, lease or finance of any 2013/2014 Cadillac model delivered during the Program Period. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible pickup truck that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Spring Bonus credit towards the lease or finance of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra; or a $2,000 Spring Bonus credit towards the cash purchase of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1,500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet, Buick, GMC model; or a $2,000 Spring Bonus credit towards the lease, purchase or finance of an eligible 2013/2014 Cadillac model delivered during the Program Period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $750/$1,000/$1,500/$2,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details.

Scan the photo below with your Metro News app to see a photo gallery of election day in Ukraine.

Ukraine's decision day

Presidential election. Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovyri in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. PETRO ZADOROZHNYY/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team." THE ASSOCIATED PRESS

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region. Fighting broke out Sunday in the Luhansk town of Novoaidar, where the Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. THE ASSOCIATED PRESS

A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

WIRELESSWAVE
THE MOBILE EXPERTS

SAVE BIG

NOKIA LUMIA 625
$0*

BONUS
$100* MASTERCARD GIFT CARD

fido
* Limited time offer. Some conditions apply. See in-store for details. Subject to change without notice.
AT A MALL NEAR YOU
wirelesswave.ca

Killer blamed women who rejected him

California college rampage. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman.

A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif. DAVID MCNEW/GETTY IMAGES

And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slobs," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Thirteen people were injured in the rampage, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Four of the injuries were considered serious.

THE ASSOCIATED PRESS

Belgian police hunt for shooter in Jewish museum attack

A boy looks at candles and flowers at the entrance of the Jewish museum in Brussels, Sunday. Belgium launched a nationwide manhunt Sunday for a lone suspect in a shooting attack at the Brussels Jewish Museum as the toll in the attack rose to four dead.

YVES LOGGHE/THE ASSOCIATED PRESS

SECOND CUP
SUMMER
DRINK
FESTIVAL
2014
featuring
CHILLATTE®
SECOND CUP
Follow Us
Savour a medium Chillatte® for $3.49*.
* Offer valid for a limited time. At participating Second Cup cafés in Canada. Plus applicable taxes. No substitutions. While supplies last. Product selection may vary by location. Products may not be exactly as shown. ® Trademark of The Second Cup Ltd.

Pope expresses solidarity with Palestinians

Holy Land pilgrimage. 'I am with you,' Pope Francis told children at Dheisheh refugee camp

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows how the Pope has sought to transform his popular appeal into a moral force for peace.

Pope Francis arrives to meet children in the Dheisheh refugee camp, near the town of Bethlehem, on Sunday.
VINCENZO PINTO/THE ASSOCIATED PRESS

On the second day of a three-day swing through the region, the Pope arrived in Bethlehem, the birthplace of Christianity.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with the Palestinians.

"I am with you," he told a group of Palestinian children at a stop in Bethlehem's Dheisheh refugee camp. Even the Pope's arrival in Bethlehem — by helicopter straight from Jordan — carried important symbolic significance. Past papal visits to the West Bank have come through Israel.

Jubilant Palestinians cheered Francis as he arrived in Manger Square, shouting "Viva al-Baba!" or "Long live the Pope!" THE ASSOCIATED PRESS

acne
Do you or your child suffer from moderate acne?
We are currently seeking participants for a research study testing an investigational topical medication for acne.
Qualified participants must:
• be 12 years or older
• have between 20 and 50 red irritated pimples and 30 to 100 whiteheads or blackheads on their face
Qualified participants will receive at no cost:
• Study-related care
• Investigational topical medication
Compensation may be provided for time and travel.
Health insurance is not needed to participate.
For more information, call 416-231-0100
Kingsway Dermatology | www.ResearchTrials.org

YORKDALE DUFFERIN MAZDA
WE DO IT BETTER, WE DO IT FOR YOU!

DRIVING SEASON
IS FINALLY HERE

ANSWER THE CALL OF THE OPEN ROAD THIS SPRING IN AN AWARD-WINNING MAZDA.

GT model shown

2014 MAZDA 3 GX
BI-WEEKLY FINANCE OFFER
$108‡ at 2.99% APR
For 84 months / $0 down. Excludes HST.
$17,724 + HST. (D4XK64-AA00)

BEST NEW SMALL CAR (OVER $21,000)
BEST NEW SMALL CAR (UNDER $21,000)

GT model shown

2015 MAZDA CX-5 GX
BI-WEEKLY FINANCE OFFER
$152‡ at 2.99% APR
For 84 months / $0 down. Excludes HST.
$25,024 + HST (NVXK65-AA00)

2014 CX-5
COMPACT UTILITY OF THE YEAR
auto123.com

DON'T TAKE OUR WORD FOR IT, TAKE A TEST DRIVE.
2014 CX5'S AVAILABLE
ZOOM-ZOOM

www.YorkdaleDufferinMazda.ca
416-789-4521
2451 DUFFERIN STREET

OFFERS AVAILABLE ON RETAIL FINANCE OF NEW 2014 MAZDA 3 GX AND 2015 MAZDA CX-5 GX. FINANCE PAYMENTS INCLUDE FREIGHT AND PDI. MODELS MAY NOT BE EXACTLY AS SHOWN. OFFERS EXCLUDE HST, LICENSING AND PPSA. OFFERED FINANCE AVAILABLE TO RETAIL CUSTOMERS ONLY. OFFERS SUBJECT TO CHANGE WITHOUT NOTICE. OFFERS END MAY 31, 2014. CALL **416-789-4521** OR VISIT **WWW.YORKDALEDUFFERINMAZDA.CA** TO BOOK AN APPOINTMENT.

ROADSPORT CREDIT
NEED A CAR LOAN BUT HAVE CREDIT PROBLEMS?
BANKRUPTCY | NO CREDIT | BANK TURN DOWNS | NO DOWN PAYMENT
APPROVED! CONTACT NORTON TODAY!
Call 416.670.5012 or email ngabriel@roadsportchrysler.ca
Apply Online noproblemcarloans.ca/application

OAC
2851 Eglinton Ave. E. Scarborough | RoadsportChrysler.ca | 416.264.2501 | noproblemcarloans.ca/application

Signature Finance and Investment Services
Save $$$! Resolve your debts
One easy monthly payment.
All outstanding loans, bills, credit cards
Quick! Borrow what you need.
Personal loans, Business debt consolidation.
Home improvements loan and others
Call: Signature Financial. 1 866 284 9779
2910 S Sheridan way Oakville Ont. L6J 7L9
1 866 284 9779

HONDA ROADSPORT HONDA HONDA
MIDNIGHT MADNESS
Wednesday, May 28th
9am – 12am, 1 day only
see WEDNESDAY'S ad for MADNESS DEALS!
ROADSPORT Honda
416-291-9501
www.roadsport.com 940 Ellesmere Road (at Kennedy)
OVER 40 YEARS IN SCARBOROUGH
HONDA Certified

The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'

Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.-based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual. THE ASSOCIATED PRESS

Hot topic. Kid-friendly brands fuming mad about e-cigarette flavours

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among the companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action. They want to make sure their brands aren't being used to sell an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale.

THE ASSOCIATED PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's new chief executive says.

Among other things, Rogers will adopt a new organizational structure focused on consumer and business customers.

THE CANADIAN PRESS

Shopping

Feel like you're being followed?

You're not being paranoid. You are being tracked.

Analytics — finding patterns in recorded data — has long been a major part of e-commerce. Now, brick-and-mortar stores are tracking you, too. RetailNext uses algorithms to interpret data taken from surveillance video cameras and smartphone trackers installed inside some of North America's biggest retailers.

THE CANADIAN PRESS

SATURDAY MAY 31
FREE WEALTH BUILDING 10am-12pm
FREE CREDIT BUILDING 12pm-2pm
Holiday Inn – 100 Britannia Rd, Mississauga
SATURDAY JUNE 07
FREE WEALTH BUILDING 10am-12pm
FREE CREDIT BUILDING 12pm-2pm
Radisson Hotel – 55 Hallcrown Place, Toronto
FREE WEALTH BUILDING SEMINAR
• Invest for positive cash flow. ($500-$5,000 per Month)
• Buy your first home or investment property in JUST 45 days
• Invest in real estate with good credit, poor credit & no credit
• Invest in the GTA & Florida
FREE CREDIT BUILDING SEMINAR
• How to repair and rebuild your credit
• How to access over $400,000 in unsecured credit
• How to negotiate with credit collectors
• How to build CORPORATE Credit without a personal guarantee
FREE MORTGAGE SEMINAR
• WAKE UP! YOUR HOME IS NOT AN ASSET!
• MORTGAGE SECRETS REVEALED
• Pay off your mortgage in 7-10 years rather than 25-30 years
• STOP paying your bank HIGH interest charges
1-888-88-REMIC(73642) • REGISTER NOW AT: www.remiccorp.com

Notice of Annual Meeting

The Annual Meeting of Alterna Savings and Credit Union Limited (Alterna Savings) will be held on Thursday, June 5th, 2014 at the Bram and Bluma Appel Salon on the 2nd floor of the Toronto Reference Library, 789 Yonge Street, Toronto ON. Registration will begin at 5:00 p.m. and the meeting will start at 6:00 p.m.

The Annual Meeting is being held to:

1. Receive reports.
2. Receive information respecting the financial position of Alterna Savings and the results of its operations.
3. Appoint an auditor.
4. Read the results of the vote on the By-law Amendment and on the Director elections.

More information on how to register for the Annual Meeting as well as on the agenda and the Board of Directors is available at www.alterna.ca and at Alterna Savings branches. The audited financial statements, the report of the Finance and Audit Committee and the report of the external auditor are available at the Alterna Savings branches and offices and at www.alterna.ca.

Alena Thouin
General Counsel & Corporate Secretary

May 26, 2014

Alterna Savings

ONTARIO PLACE CONDOS: WHY NOT?

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

On Victoria Day, Premier Kathleen Wynne jogged onto the unused, windswept grounds of Ontario Place and made an announcement: If re-elected, her government won't allow any condos on the site as part of ongoing revitalization efforts. Instead, she promised the new Ontario Place would be home to a new park, shops, restaurants and a music venue.

It was a calculated announcement, seemingly designed to win her Liberals support in downtown Toronto ridings where condo developers are often cast as moustache-twirling villains intent on building very tall things. In that sense, it seems to have been a success. But looking beyond the vagaries of the ongoing election, I'm not convinced Wynne's decision was the right one.

Because, really, why not build condos at Ontario Place?

This is, after all, a site located within spitting distance of downtown Toronto, which has seen a bunch of job growth over the last decade. That makes it a prime location, with great potential for density and mixed-used development. It needs better transit connectivity, but building that infrastructure would be relatively cheap — especially compared to the cost of providing high-speed rail to far-flung Ontario municipalities.

In an era where we are so consumed by the problem of gridlock, it's critical to remember that there are two main ways for governments to fight it. The first is to invest in better public transit. The second is to give people opportunities to live closer to where they work.

Residential development at Ontario Place could provide that opportunity for a lot of people.

I understand why this might cause some concern. The history of Toronto's waterfront is marked by too many hasty deals where lakefront land was handed to condo developers with little concern for architectural quality, public access to the lake and affordability. Profits were prioritized over people.

We can't make those same mistakes with Ontario Place. Not again.

But that doesn't mean we should shut the door on residential development entirely. It just means governments need to embrace better planning and a more coherent vision — one that isn't all about selling land to the highest bidder.

We've got good local examples for how to do this right: examples like the St. Lawrence neighbourhood, where parkland, market condos, affordable housing, retail, heritage buildings and cultural spaces all work together in a dense community with good transit connectivity. That model has been adapted for the ongoing revitalization of Regent Park and Waterfront Toronto's development of the eastern waterfront. It's a model that seems to work.

And if it works, is there really a good reason the government shouldn't look at that same model for Ontario Place? I don't see one. Beyond electioneering, I'm not sure Kathleen Wynne does, either.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Glacier recedes at unglacial pace

The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmshurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

- "I think long term it's not good news at all," said Wilmshurst."Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 5 in News, page 10 in Scene and page 21 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. PetMatch app aims to be a man's best friend

New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/
METRO WORLD NEWS

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

SCENE 2

See that symbol? It means you can scan the photo below with your Metro News app to see a clip from Xavier Dolan's new film Mommy

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

Canadian director Xavier Dolan won the Jury Prize for his film Mommy at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama Winter Sleep.

Dolan was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (Goodbye to Language), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is overwhelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carolle Brabant, issued a statement congratulating Dolan for winning the award.

Dolan's list of films also include Heartbeats (Les Amours Imaginaires) (2010); Laurence Anyways (2012) and Tom at the Farm (Tom à la ferme) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie Misericorde in 1994, and the divisive 2008 horror film Martyrs in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- **Palme d'Or:** Winter Sleep, Nuri Bilge Ceylan
- **Best Director:** Bennett Miller, Foxcatcher
- **Best Actor:** Timothy Spall in Mr. Turner
- **Best Screenplay:** Andrei Zvyagintsev and Oleg Negin for Leviathan

Ebooks

The Mozart Project

By. By James Fairclough & Harry Farnham

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with $91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which opened last weekend.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Comfort Tour Canada
MONTREAL»QUEBEC»OTTAWA»1000 ISLANDS
$498* plus tax — 3 DAYS 2 NIGHTS — JUN 13, JUN 29, JUL 11, JUL 25, AUG 2, AUG 8, more dates available
NEW YORK
$698* tax incl. — 4 DAYS 3 NIGHTS — MAY 29, JUN 5, JUN 12, JUN 19, JUN 28, JUL 3, more dates available
EAST COAST
Halifax»Baddeck»Charlottetown
$100 OFF PER PERSON!** BOOK BY JUNE 30TH
$1,998* tax incl. FLIGHT EXTRA — 7 DAYS 6 NIGHTS — SEP 5-11, SEP 26-OCT 2**
$698* tax incl. — 4 DAYS 3 NIGHTS — WASHINGTON — JUN 5, JUN 28, JUL 17, AUG 1, AUG 14, AUG 29, more dates available
$698* tax incl. — 4 DAYS 3 NIGHTS — BOSTON — JUN 12, JUN 28, JUL 17, AUG 1, AUG 14, AUG 29, more dates available
$698* tax incl. — 4 DAYS 3 NIGHTS — CHICAGO — JUN 5, JUN 28, JUL10, AUG 1, AUG 14, AUG 29, more dates available
2014 Europe Tours
LONDON»PARIS — JUL 17-26, AUG 21-30, SEP 18-27
ROME»FLORENCE»VENICE — SEP 18-27
PRAGUE»VIENNA»BUDAPEST — AUG 19-27, SEP 16-24
FROM $2,298* FLIGHT EXTRA
$698* tax incl. — 4 DAYS 3 NIGHTS — PHILADELPHIA»GETTYSBURG»LANCASTER — Tour of Amish Country Side — JUL 3, AUG 14, SEPT 11, OCT 2
* Lowest price per person based on double-occupancy
** Offer applies to new bookings only made between May 22 to June 30 (East Coast tours). Offer applicable to select dates only. For complete offer details, please call 416 642 0372.
CALL NOW 416 642 0372 toll free 1 866 213 0371
www.comforttour.ca
90 Sherbourne Street, Unit 101, Toronto, ON, M5A 2R1
tico.ca #50013488

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson

STARGAZING
Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.

Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the world a better place." West "went on and on about the culture of being in the limelight and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"

Unhappily Eva after losing role

Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

WE NEED **MALES!**

Are you a healthy, non-smoking,
CAUCASIAN MALE
18 to 55 YEARS OF AGE?

Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1713,
Males 18-55 years of age
Study starts on Friday, Jun 06, 2014
- 4 sessions with 3 returns per session
- Compensation is up to $2,650 for completing the entire study.

CALL: **416-747-5246**
Toll Free: 1-866-747-5246
Monday to Friday 8-6

BioPharma Services Inc.

4000 Weston Road, Toronto • www.biopharmaservices.ca

You could
WIN
a Conservation Tour of the ROM **OR** a copy of "The Monuments Men" on Blu-ray™ Combo Pack

VISIT clubmetro.com TO ENTER

ROYAL ONTARIO MUSEUM

"FASCINATING AND INSPIRING."
– Lou Lumenick, NY POST

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

NEW DEVELOPMENT - LIMITED LAKEFRONT

A resort for the whole family with a boat docked out front and a 18 hole golf course right in your backyard.

Bellmere Winds is located on the north shores of Rice Lake, one of Ontario's premier recreational and fishing lakes, just 90 minutes from the GTA and 25 minutes from Peterborough!

Park Model Cottages Starting at $59,900

Finance Available O.AC
$146 bi-weekly!*

5% OFF In-Stock 2013 Models Only Until June 30TH

Download the floorplans online.

Bellmere Winds RESORT

Family Traditions Start Here

A Great Blue RESORT

All cottages come fully furnished with appliances and are professionally decorated!
www.bellmerewindsresort.com for more information. Call 1-877-814-4141 to schedule a resort tour.

All inclusive resort management includes all utilities, MPac tax, garbage disposal, groundskeeping, on site management, reception, Kidz Klub activities, family entertainment and full use of amenities for only $4,995/season!

*All prices plus HST. Finance offer based on a new Acorn park model with an annual finance rate of 4.99% O.A.C with 20% deposit. Includes delivery and installation. Finance offer excludes resort management seasonal fee.

To see our other great properties visit us at www.greatblueresorts.com

Six signs you're a shopaholic

Spending like a drunken sailor? Figure out how to say bye-bye to buy-buy binges

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy … well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centimetre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A $5,000 credit limit means you have $5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Keep the little sprouts on veg

Want your Swee'Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. ISTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the Journal of Consumer Research.

"As such, if food is presented as making them strong … these children will conclude the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness." AFP

Turn over healthy leaf

- **Meanwhile, a separate study published last year in the journal Psychological Science found that teaching kids about nutrition through books could boost their vegetable intake.**
- **Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.**
- **Over time, kids chose to eat more vegetables.**

Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals

Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. – Lesley-Anne Scorgie/For Metro

Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK

Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: $110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: $86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately $200,000. She also signed up for $500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives $15,000 for Peter and $7,500 for their child, should either pass away. Her new insurance plan costs $35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those policies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance, it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately $18,000. These funds would eliminate the couple's debts.

Homework:
Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: $62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was $250,000. Jose's parents gave them $25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:
The focus for Carolina and Jose throughout June is to pack up and move into their new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Earn up to $150 with Tangerine.

$50* when you open your first Chequing Account by June 30.

$50* when you switch your pay by July 31.

$50* when you open your first Savings Account by June 30.

Plus, get a **2.50%*** interest rate on new savings deposits made until July 31.

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. * To qualify for the Bonuses available under the Tangerine $150 Offer and the Tangerine Savings Interest Rate Offer, Clients must meet the Offer requirements as set out at **Tangerine.ca/bonus150**.

Rounding out the sweetness of shrimp

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A skewered shrimp kebob is a great appetizer or main course, especially when served over top a bed of tender spaghettini.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp. Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake. Shrimp are also an excellent source of selenium and vitamin B12.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Stir well and set aside half of the sauce. Brush the other half over the shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with fresh basil.

camh Centre for Addiction and Mental Health
Participants Needed

CAMH is currently seeking male and female participants who smoke at least 20 cigarettes/day for a research study.

You may be eligible to participate in a study of a Dietary Supplement designed to reduce symptoms of cigarette withdrawal.

The study is done at the the Centre for Addiction and Mental Health.

Participants must be:

- Aged 18-65
- In good physical health
- Not taking any medication or illicit substances
- Not currently pregnant

Compensation provided.
Please call: (416) 535-8501 ext. 36457

Buy your TTC Metropass today and avoid the line ups.

Metropasses available at all TTC collector booths.

For more information, please visit **ttc.ca**.

TORONTO TRANSIT COMMISSION

Some of the most successful women in the communications field gave us their best advice for making it in the industry at the 2014 Matrix Awards.

METRO WORLD NEWS IN NEW YORK CITY

5 Pointers from powerful women

Queen Latifah: Musician, actress and TV host

Did you overcome any struggles in your career because you are a woman?
It was a male-dominated field, so I had to make a name for myself as a woman in hip hop. And even then the record labels wouldn't spend as much money on marketing female rappers as they did on male rappers, so that was another hurdle we had to overcome. It really just made me want to create my own company and not have to work for anyone and be my own boss. I was fortunate to partner with a male, a guy who is the right side of my body. If you see him, you basically see me, too. We respected each other's dreams and goals and supported each other. It should never be an anti-guy thing, but we have to, as women, be pro-woman.

Jane Mayer: Journalist for The New Yorker

What advice can you give to women who want to succeed in their careers?

Try to define it the way you want it to be. Don't take no for an answer. Look for work you love and then try to shape it the way you want it to be. It takes a lot of pushing back sometimes. But when my daughter was really little, I managed to work part-time by just kicking and screaming and just saying I needed to spend some time with her. And I really am glad I did that, and yet I wouldn't give up my job at the same time. So I just say: Fight really hard for what you want. Define it in your own mind and then fight for it.

Gloria Steinem: Journalist and activist

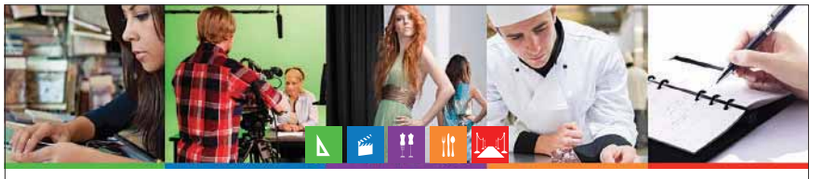
What advice were you given that you found useful?
I guess it comes under the general heading of 'Do it anyway.' You're not supposed to go to India by yourself at age 22 when you don't know anybody there, but do it anyway. You're not supposed to have your own byline or write a particular kind of piece, but do it anyway.

Dylan McGee: Founder and executive producer of MAKERS: Women Who Make America

Did you have any struggles to overcome in your career because you are a woman?
I think the biggest struggle I had to overcome was myself, knowing that I had a voice. I was afraid. Did my opinion matter? It took me some successes in my career to have that confidence — and I could have saved a lot of years in my career if I had spoken up 10 years ago.

Mary J. Blige: Singer

What advice can you give to women who want to succeed in their careers?
I would definitely say that you have to believe in yourself. And you have to believe in yourself more than anyone else does. Don't be afraid to be honest with yourself about what you can and can't do. It will work for you at the end of the day. The self-love thing is not cliché. It's real! If you don't have it, you will not survive.



THE ART INSTITUTE OF VANCOUVER
is visiting Toronto!

Join our Assistant Director of Admissions to find out why Ai Vancouver is rated as the #1 school in Canada for games by The Princeton Review* and how our alumni are receiving accolades around the world in the areas of:
Culinary Arts, Interior Design, Fashion Design, Web & Graphic Design, Animation, Games, Audio, and Event Management!

When: THURSDAY, MAY 29, 2014
Check-in: 6:00 PM
Presentation: 6:30 PM
Where: Eaton Chelsea Toronto
33 Gerrard St W, Toronto

» TO RSVP, go to: aivancouvertour.com

*As per The Princeton Review Top Undergraduate Schools for Video Game Design for 2014.

The Art Institute of Vancouver®
CREATIVITY for LIFE

HAVE YOU EVER WANTED TO BE A BRAIN SURGEON?
Well, we can't help you with that at CDI College. You could, however, become one of the best front-line healthcare workers in the industry in less than two years.
It's time for a change.
CDI college
to.cdicollege.ca | 1 877 658 4045
Over 50 market-driven programs across Canada in Healthcare, Legal, Art & Design, Technology and Business
/CDICollege @CDICollege /CDICareerCollege
Ajax · Hamilton · Mississauga · North York · Scarborough · Toronto

Professor, please give me a positive plug

Academic references. When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI GANDHI
Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them. Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.

Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you. ISTOCK

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing. While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.

ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.

Become a Childcare Professional
(Early Childcare Assistant)

CLASSES START IN 2 WEEKS

Opportunities Include:
- Childcare Practitioner
- Teaching Assistant
- Educational Assistant
- Daycare Worker
- Home Daycare Owner

Contact Us Today to Get More Information
416.365.7894
416.466.6107
study@andersoncollege.com
www.andersoncollege.com
150 Laird Drive, Suite 202, Toronto

FREE Campus Tours Daily!

Robetech Institute Inc. o/a Anderson College of Health, Business and Technology is a Registered Private Career College under the PCC Act 2005.

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

Job Success Starts Here!

- Business
- Technology
- Healthcare
- Law
- Supply Chain

BEST MANAGED COMPANIES

Financial assistance may be available for those who qualify.
Internships available for most programs! Contact us for details.
Not all programs are available at all triOS locations.

LEARN MORE TODAY!
1-866-918-7634
careerin1.com

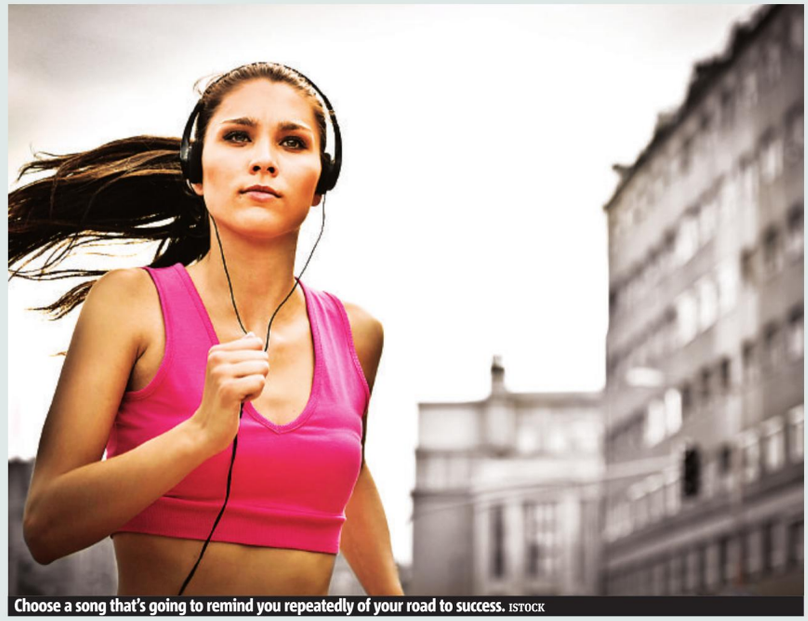
HAMILTON | MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

'Round the world wisdom

Create your own stimulus response loop

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



Choose a song that's going to remind you repeatedly of your road to success. ISTOCK

Wanting, or even needing, to see a challenge through to the end is not always enough to propel us forward. The bigger the challenge, the more difficult it is to find the willpower to stay the course during difficult moments. What can work is to create a rallying symbol that acts as a trigger to refocus when times get tough.

In the Gobi, my trigger was a song.

I learned that having my song could provide a spark and pick me up when my reserves were running low. I chose It's a Beautiful Day by U2. At my low points, I would listen to it and get moving. It worked when I ran, but once the song ended, I was back to where I started.

It keeps you runnin'

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line underprepared.

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line underprepared.

To do this, I used a mnemonic to instantly be at one with the Atacama.

First, I thought through what my desert experience would mean to me and made it vividly real in my mind. I associated all the positive concepts I could come up with: beauty, adventure, achievement, camaraderie, personal breakthrough, teamwork, health, spirituality, etc.

Visualizing the experience with this overwhelming optimism filled me with energy.

I then associated all of the positive feelings with an object that would symbolize my desert journey. From that moment on, I carried my token Atacama reminder in my pant pocket at all times. I woke up to it, trained with it, went to work with it, and ran the race with it.

When the siren's negative call would come knocking and rear its ugly head, just touching the reminder in my pocket would serve to dissipate the issue.

I had created my own Pavlovian positive stimulus response loop.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Be Job Ready in 5-12 Months!

Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding

The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.

Health Care
- Personal Support Worker*
- Community Service & Support Worker*
- Medical Office Assistant + HUC (Health Unit Coordinator)*
- EHR, Billing & Coding
*with Internship

Law & Legal
- Immigration Consultant* Accredited by ICCRC
- Paralegal Accredited by LSUC*
- Law Clerk*
- Legal Office Assistant
- Police Foundations
* with Internship

IT & Home Inspection
- Network Administrator
- PC Support Specialist
- Computer Service Technician
- Web Designer
- Home Inspection Diploma
- Home Inspection Certificate

Accounting & Business
- Accounting and Payroll
- Business Administration
- Project Administrator
- Conference and Event Planner
- Administrative Assistant

We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي

Academy of Learning College
Bay/Bloor Campus

416-840-3364
416-969-8845
WWW.AOLTORONTO.COM

DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9

Academy of Learning Career & Business College(Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

NEW

ENTREPRENEURSHIP CONNECTIONS PROGRAM

ACCES Employment's new Entrepreneurship Connections program is designed for newcomers who plan to start a business in Canada. If you have owned or operated a business outside Canada, or would like to launch one here, this innovative and informative program will assist you in building a successful small business in the Canadian market.

For more information, please visit:
www.accesemployment.ca or call 416-921-1800

Funded by: Citizenship and Immigration Canada
Financé par : Citoyenneté et Immigration Canada

ACCES EMPLOYMENT Making Connections

CNE

Casino Hiring

The 2014 CNE Casino is Now Hiring and Training Casino Personnel for:

Blackjack, Roulette, Hold 'em Poker and various other games at Exhibition Place.*
Security & Surveillance positions also available.

For more information, call 416.263.3588 or email casinotraining@theex.com

CNE Casino will operate from July 27 to September 1, 2014. CNE Casino intends to hire all successful graduates who apply for and receive a valid Gaming License.

*Subsidized Courses Offered

License No. 6455

SickKids® Lottery

YOUR CHANCES OF WINNING JUST GOT BETTER!

FIRST TIME EVER!

WOW 1 in 2 ODDS*

$1 MILLION GRAND PRIZE

Over **75,000** Prizes to WIN!

Including Daily & Weekly Cash Draws!

ORDER TODAY! SickKidsLottery.ca

1 866 560 9915 Toronto (416) 386 5120

TICKETS: 1 for $100 | **2 for $150** | 3 for $195 | **4 for $250** | 10 for $500 | 20 for $900

ALSO PLAY

50/50 DRAW

NEW minimum payout is $250,000.

SickKids 50/50 Draw tickets must be ordered in conjunction with SickKids Lottery tickets.

METRO-FP-MB-M26

* All inquiries on "First time ever 1 in 2 Odds to Win" are to be made to the licensee prior to the purchase of ticket(s). This opinion is based on information available to the licensee on health care lotteries in the greater Toronto area at the time of printing.

†† * ‡ See complete rules and regulations at SickKidsLottery.ca. SKLL # 6472 50/50LL # 6473. Charitable Registration # 10808 4419 RR0001. Prizes may not be exactly as shown.

How sweep it is for Jays

Blue Jays outfielders Melky Cabrera, left, Anthony Gose and Jose Bautista mark their 3-1 win over the Athletics on Sunday in Toronto with a celebratory dance. NATHAN DENETTE/THE CANADIAN PRESS

MLB. AL East leaders break out brooms vs. A's, win sixth straight

On Sunday

Blue Jays	Athletics
3	1

The Toronto Blue Jays have used power, speed and pitching on a recent surge that has put them in first place in the American League East.

Their 3-1 victory over the Oakland Athletics on Sunday showed just how well that combination can work.

Edwin Encarnacion provided the power with his 14th homer of the season, Jose Reyes provided the speed by equalling a career best for a game with three stolen bases and left-hander J.A. Happ provided the pitching with seven scoreless innings.

Put it all together, and you get a team that's on a season-best six-game winning streak and has won 16 of its past 21 games.

"I don't know if you ever see it coming," Blue Jays manager John Gibbons said. "What it really comes down to is we're just playing good baseball. The starting pitching has been really good, our offence has been alive, the bullpen has been solid."

The Blue Jays (29-22) swept the three-game series with the Athletics (30-20), who lead the AL West despite losing their past four games.

It was Toronto's second straight sweep after taking three games from the Boston Red Sox at Fenway Park.

Happ (4-1) allowed four hits and three walks while striking out seven in his longest outing of the season.Dustin McGowan replaced Happ in the eighth and allowed Josh Donaldson's 11th homer of the season. Casey Janssen pitched the ninth inning to earn his seventh save. THE CANADIAN PRESS

Memorial Cup. Oil Kings weather Storm to capture CHL championship

Memorial Cup final

Oil Kings	Storm
6	3

The tireless Edmonton Oil Kings upset the Guelph Storm 6-3 to win the 2014 MasterCard Memorial Cup on Sunday.

Henrik Samuelsson led the Western Hockey League champions with two goals, including an empty-net goal, and three assists in the final.

Edgars Kulda had a goal and two assists and Edmonton also got goals from Cody Corbett, Tyler Robertson and Mitch Moroz. Goaltender Tristan Jarry made 32 saves for the win.

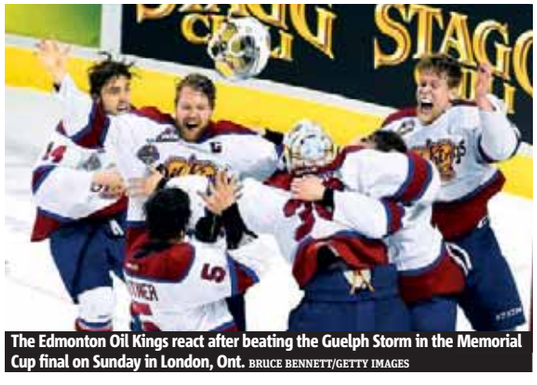
Robby Fabbri, Stephen Pierog and Zach Mitchell replied for the Ontario Hockey League's Storm, whose only loss of the tournament was the final. Guelph goaltender Justin Nichols stopped 40 shots in the loss.

Edmonton's run to the Cup was a marathon in many ways. Two weeks before winning the trophy Sunday, they blew a three-goal lead at home in Game 6 of their WHL championship series.

The Oil Kings had to travel to Portland, Ore., the following day to win Game 7 less than 24 hours later.

Their triple overtime semi-final win over the Val-d'Or Foreurs on Friday was the longest game in tournament history at 102 minutes 42 seconds.

Add in a double overtime loss to the Foreurs in the preliminary round and the Oil Kings had played the equivalent of two more games in the tournament than Guelph heading into Sunday's game.
THE CANADIAN PRESS



The Edmonton Oil Kings react after beating the Guelph Storm in the Memorial Cup final on Sunday in London, Ont. BRUCE BENNETT/GETTY IMAGES

Habs hanging tough against Rangers

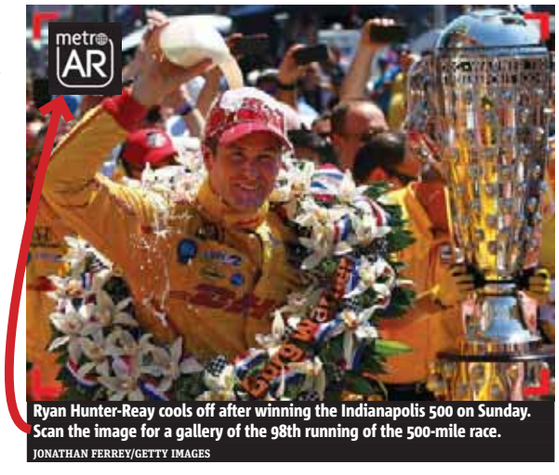
The Rangers' Benoit Pouliot, centre, commits a high-sticking penalty against the Canadiens' Alexei Emelin while Thomas Vanek chases the puck during Game 4 of the Eastern Conference final on Sunday in New York City. The Rangers entered the game with a 2-1 series lead. For the result, go to metronews.ca. SETH WENIG/THE ASSOCIATED PRESS

IndyCar. Hunter-Reay wins Indy 500

The finish at the Indianapolis 500 was worth the wait for Ryan Hunter-Reay.

He used a series of daredevil moves to deny Helio Castroneves a chance at history on Sunday and became the first American since 2006 to win "The Greatest Spectacle in Racing." He passed Castroneves at the Yard of Bricks as the two bright yellow cars raced wheel-to-wheel under the white flag in a thrilling final lap.

Castroneves, trying to become the fourth driver to win a record fourth Indianapolis 500, settled for second, losing by 0.060 seconds. Only the 1992 race had a closer finish when Al Unser Jr. beat Scott Goodyear by 0.043 seconds.
THE ASSOCIATED PRESS



Ryan Hunter-Reay cools off after winning the Indianapolis 500 on Sunday. Scan the image for a gallery of the 98th running of the 500-mile race.
JONATHAN FERREY/GETTY IMAGES

4 SPORTS

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

DEBT RELIEF

Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

LOWEST RATES for bad credit loans since1984

What would you do with $20,000?

PFS

✓College tuition?
✓Home Renovation?
✓Wedding?

You decide.

Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from Prudent Financial*

416-634-2013 BorrowWithYourCar.com

*Call for details and conditions

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation - Evening Appointments- Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
Head Office: Rexdale, others non-resident

SCARBOROUGH
250 Consumers Rd. Suite 810

EMPIREONE

NORTH YORK
1111 Finch Ave. W. Suite 203

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION

BBB ACCREDITED BUSINESS

OSHAWA
299 Simcoe St. South

416-900-2324
www.empireonecredit.com

MISSISSAUGA
165 Dundas Ave. W. Suite 307

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

MoneyProvider.com

$500 Loan and more

No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

MR. Debt Solutions

Up to 85% debt reduction.

We GUARANTEE to Beat Anyone's Offer by 25% OR We Work for FREE.*

Pay ZERO INTEREST

- Free Credit Check*
- Home Service Available
- Trustees represent your creditors, we represent you.
- Private Loans*

Free $100 Gift Card*

MISSISSAUGA • NORTH YORK • BRAMPTON • SCARBOROUGH

416.424.1510

www.mrdebtsolutions.com

*Conditions Apply

PSYCHIC

World Famous Indian Astrologer Pandit: Jagadish

TAKE RIGHT DECISION AT RIGHT TIME
He understands Problems & Gives Right Guidence
Marriage, Business, Job, Enemy, Sexual, Family
Children, Health, Love, Money, Depression etc
I CAN HANDLE ANY PROBLEM
Removes Black Magic, Bad Luck, Obeya and Voodo in 2 Days & Gives Immediate Protection

100% GUARANTEE 647-532-8224

1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

PSYCHIC SPIRITUAL ADVISOR MONA

Tomorrow holds no guarantee. See me & I shall put you on the right track of life. With love, marriage, business & health. Know your friends & enemies by name. Are you tired of false predictions?

Call now for 1 free question.
40 YEARS EXPERIENCE

416-222-8201

Sri Shiva Shakti Astrology Center Pandit: VEERANANDA A.Y.

Indian Astrologer & Psychic
Family, Business, Job, Money
Education, Depression, Health,
Kids, Relationship,Court etc

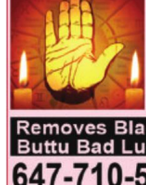
DESTROY ALL PROBLEMS & PROTECTS FROM EVILS
Removes Black Magic, Evil Spirits, Voodoo & Obeya
Jadoo, Butu, Evil Eyes, Bad Luck & Any Problem

100% SATISFACTION GUARANTEE

647-764-9796 3160 Eglinton Ave. East, Scarborough
Next to WALMART (Markham & Eglinton)

ARE YOU DISAPPOINTED WITH OTHER PSYCHICS...?

Meet the God-Gifted Spiritualist



Pandit: MAHA
NOBODY CAN BREAK MY WORK
Removes Negative Feelings, Help Bring Back Loved ones, Solves all problems like Family, Health, Marriage, Kids,Husband-Wife, Court, Depression, Jealousy etc

Removes Black Magic, Voodoo, Obeya, Bad Curse, Buttu Bad Luck, Evil Eyes & Gives 100% Protection

647-710-5566 (Kennedy & Lawrence)
2300 Lawrence Ave. E, Scarborough, M1P 2R2, Near Lone Tai Supermarket
Inside "Smoke & Gift"

WORK / EDUCATION

INTRA-ORAL DENTAL ASSISTANT

Medix College of Healthcare

MEDIXCOLLEGE.CA
866.981.0683
STARTING SOON!

JOB OPPORTUNITIES

springboard
CONNECT. INSPIRE. ACHIEVE.

Out of School? Out of Work?

Springboard Employment Services can help you.....

Connect. Inspire. Achieve.

• Employment • Second Career •
• Ontario Self Employment Benefit Program •
• Youth Employment Fund •

EMPLOYERS LOOKING TO HIRE????
Ask us about our wage incentive programs to offset your cost of training.

Call (416) 849-4421
Salleyne@SpringboardServices.ca

EMPLOYMENT ONTARIO

Horoscopes

♈ Aries
March 21 - April 20
This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

♉ Taurus
April 21 - May 21
The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

♊ Gemini
May 22 - June 21
For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

♋ Cancer
June 22 - July 23
Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

♌ Leo
July 24 - Aug. 23
There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

♍ Virgo
Aug. 24 - Sept. 23
People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

♎ Libra
Sept. 24 - Oct. 23
Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

♏ Scorpio
Oct. 24 - Nov. 22
What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

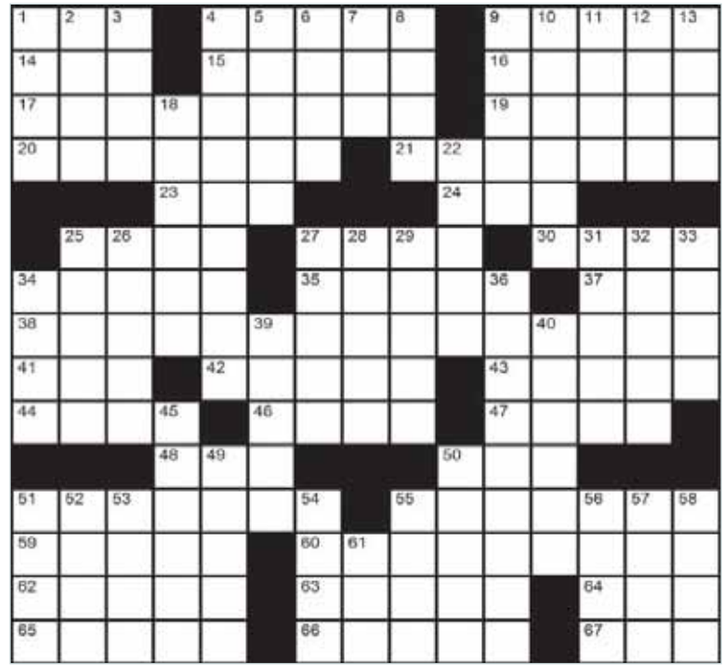
♑ Capricorn
Dec. 22 - Jan. 20
If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

♒ Aquarius
Jan. 21 - Feb. 19
You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

♓ Pisces
Feb. 20 - March 20
You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. SALLY BROMPTON

Crossword: Canada Across and Down

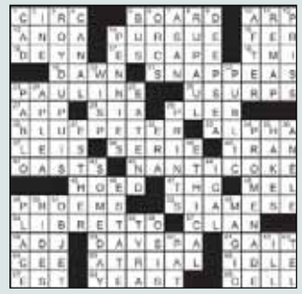
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Letters-in-a-row
4. Charles Dickens novel, __ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The __ (__ Luck Is Wasted)"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William __ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voicer Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. __-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving
51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. __ Lama
64. 'Serpent' suffix
65. James' role in "The Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

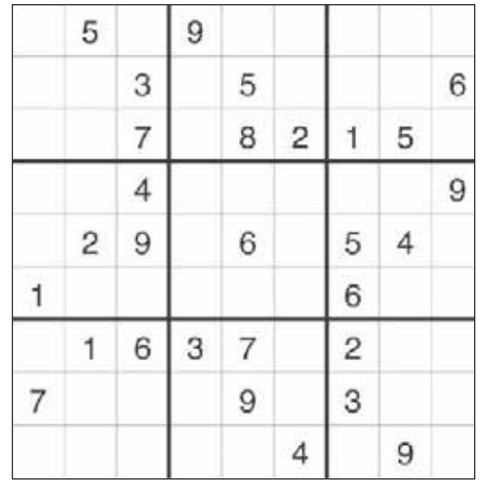
Down
1. __ Alto, California
2. Prince Harry's grandmother, briefly
3. Cheats
4. St. Albert, AB, 'The __ Arts City'
5. Johnny __ (John Candy "SCTV" character)
6. Internet-sent transmission
7. Pierre's pal
8. Mr. MacLachlan
9. Director Ridley
10. Pulverizes potatoes
11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel __ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type
26. __ au sucre (Quebec dessert 'sugar pie', in French)
27. Toronto __ Exchange
28. Elevated
29. Savour
31. "__ __ talk?" (Joan Rivers' classic catchphrase)
32. Concerning bees
33. Two singers/One song
34. The ___ (Nickname of Montreal's 1976 Summer Olympics stadium)
36. Canadian-invented product in the pantry: 2 wds.
39. Boat poles
40. TV: "After the break...": 2 wds.
45. "Cityline" guest expert, Kimberley __ (Interior Designer)
49. Cheeky
50. Cloudiness of vision
51. Scottish musician Midge's
52. Say __ __ (Refuse)
53. Lyricist Sammy
54. High degs.
55. Gladiator's 951
56. Podium
57. Cirneco dell'__ (Dog breed)
58. Elvis dog song: "Old __"
61. Acorned tree

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



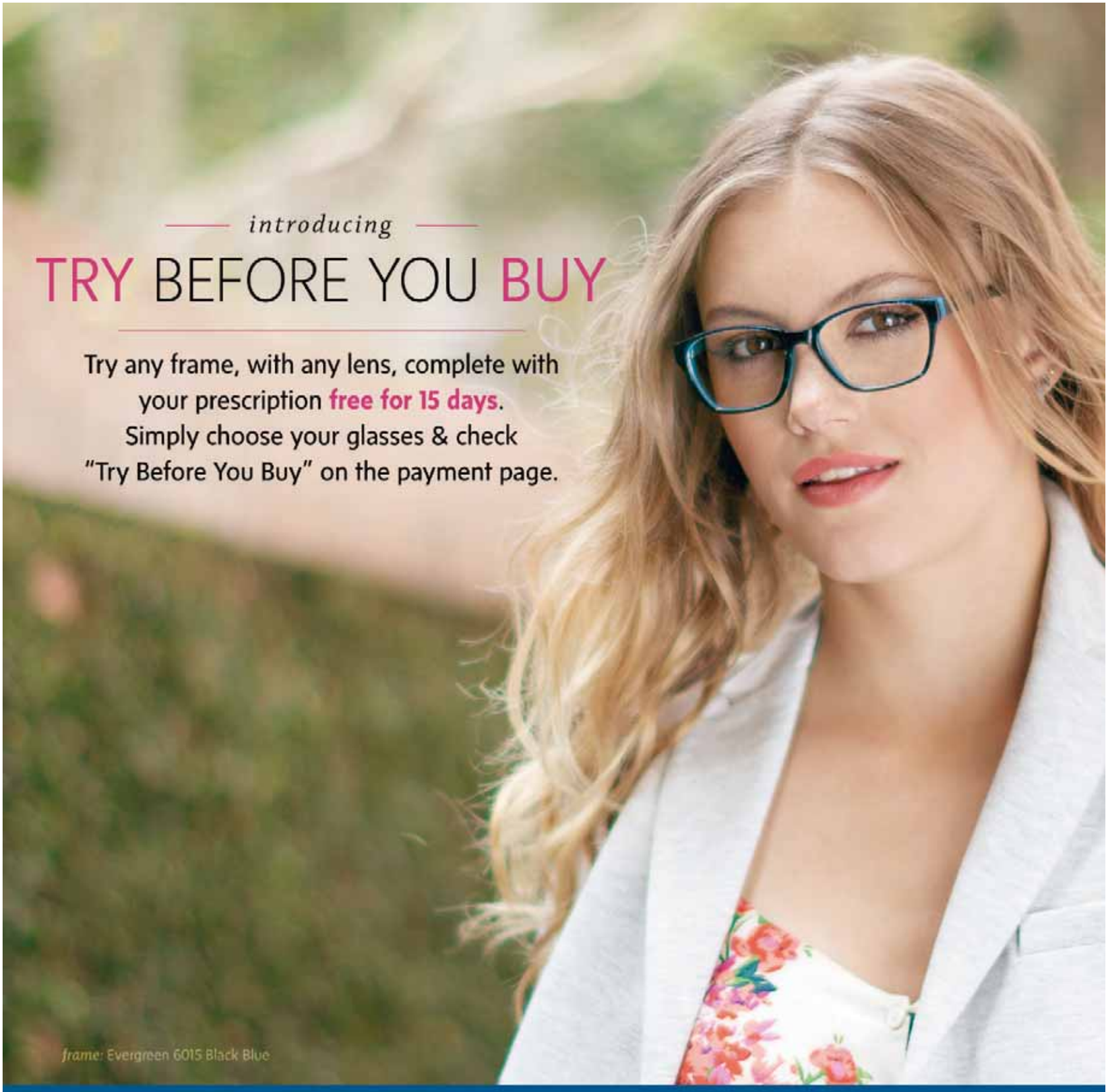
Yesterday's Sudoku

3	5	9	2	7	1	6	4	8
1	4	7	6	9	8	2	3	5
8	2	6	3	5	4	1	9	7
2	1	8	9	6	7	3	5	4
5	9	4	1	8	3	7	6	2
7	6	3	5	4	2	9	8	1
6	3	2	4	1	5	8	7	9
4	7	1	8	3	9	5	2	6
9	8	5	7	2	6	4	1	3

WORLD FAMOUS INDIAN ASTROLOGER
PANDIT: SAI KUMAR
RIGHT DIRECTION, BRIGHT FUTURE
He can Handle Impossible Problems
Love, Family, Husband-Wife,
Kids, Money, Court,Depression,
Job, Enemy, Divorce etc
100% GUARANTEE
QUICK RESULTS
REMOVES BLACK MAGIC, BAD LUCK, OBEYA
& EVIL SPIRITS AND GIVES IMMEDIATE PROTECTION
647-409-7528, 647-655-2227
2310 Keele Street, Toronto, ON M6M 3Z8
Inside Variety Store, OPP SHELL Gas(KEELE & LAWRENCE)

Unique Fortune Teller
Pandit: Shiva
The Pandit is Specialist in Removing
Black Magic, Voodoo, Jadoo, Evil spirits,
Obeya Bad Luck & Gives Protection
Solves Problems Like Love, Money, Job
Family, Health,, Children, Jealousy Etc
100% SOULTIONS ...100% GUARANTEE
647.857.4488 / 416.843.3563
(Markham & Lawrence)

PAIN STOP
RIGHTAWAY
When the body system is fully functional, all body disorders will go away.
Have all other treatments failed you?
DON'T WORRY. I can help with 35+ yrs experience as a function control specialist. Back, shoulder, sciatica pain, skin disease, panic, migraine, allergy, depression, asthma, fatness…
Registered Acupuncturist
JAMES KIM R.TCMP (416)788-3837
696 Sheppard Ave. W.
(One block west to Bathurst)


introducing
TRY BEFORE YOU BUY
Try any frame, with any lens, complete with your prescription free for 15 days.
Simply choose your glasses & check "Try Before You Buy" on the payment page.
frame: Evergreen 6015 Black Blue

ClearlyContacts.ca

THE BETTER WAY TO BUY EYEWEAR

ONLINE
clearlycontacts.ca/metro

CALL
1-866-414-2326

IN STORE
317 Queen St. W